



**New England
Aquarium**

Celebrate Seafood

Your Seafood Choices Matter

Some types of seafood are much more environmentally friendly than others. You can help ensure that we will have plenty of tasty seafood choices for years to come by choosing ocean-friendly seafood today.

***Environmentally
responsible seafood
never tasted so good.***

Ocean-Friendly Seafood Choices

Wild-caught

Alaska pollock
Alaska salmon
Atlantic croaker
Atlantic mackerel
bluefish
Dungeness crab
herring
market squid
Pacific cod (USA)
Pacific halibut (USA)
sablefish (USA)
sardines
striped bass
striped mullet

Farm-raised

Arctic char
barramundi (USA)
caviar (USA)
channel catfish (USA)
clams
hybrid striped bass
mussels
oysters
rainbow trout
scallops
sturgeon
tilapia (USA)

Stay Informed

The oceans are always changing, and some sources for seafood are better managed or regulated than others. Visit neaq.org/fisheries for recipes, updates and more information about ocean-friendly seafood choices.

March 2008



RECYCLED PAPER PROCESSED FREE OF ACID AND ELEMENTAL CHLORINE

Be an Ocean-Friendly Seafood Shopper

Follow these easy tips to find environmentally responsible seafood.

Stay Informed

The first step in choosing ocean-friendly seafood is learning about your options. This card will help, and there are also many resources available online. Start with neaq.org/fisheries.

Ask Questions

Every time you buy seafood, ask where and how your seafood was caught or farmed. This shows seafood vendors that their customers care about where their seafood comes from and how it affects the environment.

Try Something New

Some ocean-friendly seafood choices may sound unusual, but they are worth a try. Experiment with one of the seafood options listed on this card—you may find a new favorite.

If You Don't See It, Ask for It

Vendors need to know that their customers want environmentally responsible seafood. Many retailers will also special-order items at their customers' request.



**New England
Aquarium**

Your Seafood Choices Matter

When you choose ocean-friendly seafood today, you help ensure that we will have plenty of tasty seafood options for years to come.

Learn More

Visit neaq.org/fisheries for:

- *recipes*
- *additional seafood recommendations*
- *the most recent version of this guide*
- *and much more*

Celebrate Seafood

Environmentally responsible seafood never tasted so good.